

THE I CAN MINDSET — WORKBOOK

Printable Worksheets • Daily Trackers • Goal Systems • Confidence Builders

SECTION 1: GOAL-SETTING SYSTEM

Use these worksheets to build clear goals supported by belief, action, and momentum.

Goal Worksheet 1

Goal:	
Why this goal matters:	
Deadline:	
Steps to achieve this goal:	

Goal Worksheet 2

Goal:	
Why this goal matters:	
Deadline:	
Steps to achieve this goal:	

Goal Worksheet 3

Goal:	
Why this goal matters:	
Deadline:	
Steps to achieve this goal:	

SECTION 2: DAILY 'I CAN' TRACKERS

Track your mindset, wins, emotions, and momentum each day.

Daily Tracker — Day 1

Date:	
Today's 'I Can' Statement:	
Today's Small Win:	
Challenges I faced:	
How I handled them:	
Notes:	

Daily Tracker — Day 2

Date:	
Today's 'I Can' Statement:	
Today's Small Win:	
Challenges I faced:	
How I handled them:	
Notes:	

Daily Tracker — Day 3

Date:	
Today's 'I Can' Statement:	
Today's Small Win:	
Challenges I faced:	
How I handled them:	
Notes:	

Daily Tracker — Day 4

Date:	
Today's 'I Can' Statement:	
Today's Small Win:	
Challenges I faced:	
How I handled them:	
Notes:	

Daily Tracker — Day 5

Date:	
Today's 'I Can' Statement:	
Today's Small Win:	
Challenges I faced:	
How I handled them:	
Notes:	

Daily Tracker — Day 6

Date:	
Today's 'I Can' Statement:	
Today's Small Win:	
Challenges I faced:	
How I handled them:	
Notes:	

Daily Tracker — Day 7

Date:	
Today's 'I Can' Statement:	
Today's Small Win:	
Challenges I faced:	
How I handled them:	
Notes:	

SECTION 3: 30-DAY 'TIM SAYS I CAN' CHALLENGE

Check off each day as you complete your three tasks: Say 'I Can,' complete a win, and record it.

Day	Completed?	Daily Win
1		
2		
3		
4		
5		
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SECTION 4: FEAR BREAKTHROUGH WORKSHEETS

Break down fear, understand it, and move through it — one step at a time.

Fear Analysis Worksheet 1

What fear am I facing?	
Where did this fear come from?	
What is this fear trying to protect me from?	
What action can I take anyway?	
What will my life look like if I move through this?	
Notes:	

Fear Analysis Worksheet 2

What fear am I facing?	
Where did this fear come from?	
What is this fear trying to protect me from?	
What action can I take anyway?	
What will my life look like if I move through this?	
Notes:	

Fear Analysis Worksheet 3

What fear am I facing?	
Where did this fear come from?	
What is this fear trying to protect me from?	
What action can I take anyway?	
What will my life look like if I move through this?	
Notes:	

SECTION 5: CONFIDENCE-BUILDING WORKSHEETS

Confidence grows through action, belief, and evidence. Build it here.

Confidence Builder Worksheet 1

What small win can I create today?	
What skill do I want to improve?	
How will I practice it today?	
What evidence shows I'm getting stronger?	
What affirmation supports this growth?	
Notes:	

Confidence Builder Worksheet 2

What small win can I create today?	
What skill do I want to improve?	
How will I practice it today?	
What evidence shows I'm getting stronger?	
What affirmation supports this growth?	
Notes:	

Confidence Builder Worksheet 3

What small win can I create today?	
What skill do I want to improve?	
How will I practice it today?	
What evidence shows I'm getting stronger?	
What affirmation supports this growth?	
Notes:	

SECTION 6: HABIT TRACKERS

Track habits that support your goals and identity.

Day	Habit Completed?
1	
2	
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